



X KOSZALIŃSKI BIEG GÓRSKI - 5 KM

B4SPORT

Event: KOSZALIŃSKI BIEG GÓRSKI
Organiser: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Date: 2019-03-30
Place: Koszalin
Distance: 5 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Net time 5km	Gap	Pace min/km	Pace km/h
1	PERLIK Tomasz	141	MTS HAMER MIASTKO	M30-39	1	00:21:24.27		4:16	14 (100%)
2	ZABORSKI Ryszard	219	TKKF KOSZALIN	M40-49	1	00:22:14.41	+00:00:50 (3.8%)	4:26	13.5 (96.4%)
3	HUBERT Łukasz	50	TKKF KOSZALIN	M30-39	2	00:23:33.80	+00:02:09 (9.2%)	4:42	12.7 (90.7%)
4	RYKIEL Michał	167		M30-39	3	00:24:08.17	+00:02:43 (11.3%)	4:49	12.4 (88.6%)
5	KASZUBIAK Klaudiusz	66		M40-49	2	00:24:19.96	+00:02:55 (12.0%)	4:52	12.3 (87.9%)
6	ZUKAL Piotr	240		M40-49	3	00:24:42.51	+00:03:18 (13.4%)	4:56	12.1 (86.4%)
7	MAJKOWICZ Rafał	109		M30-39	4	00:24:46.05	+00:03:21 (13.6%)	4:57	12.1 (86.4%)
8	PIOTRKOWSKI Tomasz	147	STOPA SŁUPSK DECATHLON SŁUPSK	M30-39	5	00:24:56.42	+00:03:32 (14.2%)	4:59	12 (85.7%)
9	SIENIAWSKI Jarek	174	MEDEN-INMED SPORTS TEAM	M40-49	4	00:25:00.71	+00:03:36 (14.4%)	5:00	12 (85.7%)
10	PICK Tomasz	143	DEAF KOSZALIN	M40-49	5	00:25:40.94	+00:04:16 (16.7%)	5:08	11.7 (83.6%)
11	KUJAWSKI Jarosław	243	KAMIEŃ RYMAŃSKI	M16-29	1	00:26:29.43	+00:05:05 (19.2%)	5:17	11.3 (80.7%)
12	CHUTYRKO Paweł	249	KAMIEŃ RYMAŃSKI	M16-29	2	00:26:44.56	+00:05:20 (20.0%)	5:20	11.2 (80.0%)
13	MUCHA Krzysztof	128		M40-49	6	00:26:53.85	+00:05:29 (20.4%)	5:22	11.2 (80.0%)
14	KRZYSZTOFIAK Mariusz	91		M30-39	6	00:26:54.84	+00:05:30 (20.5%)	5:23	11.1 (79.3%)
15	KASPEROWICZ Zdzisław	64	PRO DYSTANS KASPEROWICZ	M40-49	7	00:27:05.21	+00:05:40 (21.0%)	5:25	11.1 (79.3%)
16	MAJCHER Przemysław	238		M16-29	3	00:27:07.75	+00:05:43 (21.1%)	5:25	11.1 (79.3%)
17	SZYMAŃSKI Piotr	192		M30-39	7	00:27:09.81	+00:05:45 (21.2%)	5:25	11 (78.6%)
18	HOREGLAD Paweł	48	SPEEDY GONZALES	M16-29	4	00:27:19.79	+00:05:55 (21.7%)	5:28	11 (78.6%)
19	SOSNOWSKI Tomasz	177	MEDEN-INMED SPORTS TEAM	M16-29	5	00:27:25.80	+00:06:01 (22.0%)	5:29	10.9 (77.9%)
20	BIEŃKOWSKI Tomasz	8		M30-39	8	00:27:30.97	+00:06:06 (22.2%)	5:30	10.9 (77.9%)
21	ŚNIEŻKO Marcin	241	TKKF KOSZALIN	M30-39	9	00:27:34.95	+00:06:10 (22.4%)	5:31	10.9 (77.9%)
22	TEMP Kamil	247	KAMIEŃ RYMAŃSKI	M16-29	6	00:27:45.37	+00:06:21 (22.9%)	5:33	10.8 (77.1%)
23	PAWLAK Łukasz	246	KAMIEŃ RYMAŃSKI	M30-39	10	00:27:45.95	+00:06:21 (22.9%)	5:33	10.8 (77.1%)
24	WIELGUS Paweł	207	PRO DYSTANS KASPEROWICZ	M40-49	8	00:27:52.86	+00:06:28 (23.2%)	5:34	10.8 (77.1%)
25	MARZEC Łukasz	116		M30-39	11	00:27:55.98	+00:06:31 (23.4%)	5:35	10.7 (76.4%)
26	ZABŁOCKI Grzegorz	218		M30-39	12	00:27:59.62	+00:06:35 (23.5%)	5:36	10.7 (76.4%)
27	WEBER Paweł	204	ENERGON	M30-39	13	00:28:05.46	+00:06:41 (23.8%)	5:37	10.7 (76.4%)

Place	Participant	Number	Club	Category	MCat	Net time		Pace min/km	Pace km/h
						5km	Gap		
28	SZŁAPAK Krzysztof	187	DRAWSKOPOMORSKIE	M50-59	1	00:28:15.84	+00:06:51 (24.3%)	5:39	10.6 (75.7%)
29	FIGARSKI Leszek	37		M30-39	14	00:28:20.21	+00:06:55 (24.5%)	5:40	10.6 (75.7%)
30	LISOWSKI Sławomir	102		M30-39	15	00:28:25.73	+00:07:01 (24.7%)	5:41	10.6 (75.7%)
31	SEEWALD Jan	173	ZAKWAS	M40-49	9	00:28:35.47	+00:07:11 (25.1%)	5:43	10.5 (75.0%)
32	MAZURSKI Paweł	120		M30-39	16	00:28:55.31	+00:07:31 (26.0%)	5:47	10.4 (74.3%)
33	MIŁASZEWSKI Przemek	123	AMBRA PL	M30-39	17	00:29:10.21	+00:07:45 (26.6%)	5:50	10.3 (73.6%)
34	RUTKOWSKI Ryszard	165	KOSZALIŃSKI RANKING BIEGACZY	M50-59	2	00:29:31.95	+00:08:07 (27.5%)	5:54	10.2 (72.9%)
35	WOŁYŃSKA Wioletta	213	TKKF KOSZALIN	K-Open	1	00:29:45.72	+00:08:21 (28.1%)	5:57	10.1 (72.1%)
36	OLCZAK Krzysztof	131		M30-39	18	00:30:07.97	+00:08:43 (29.0%)	6:01	10 (71.4%)
37	KAŻMIERCZAK Agnieszka	69		K-Open	2	00:30:15.44	+00:08:51 (29.3%)	6:03	9.9 (70.7%)
38	SYCHA Jarosław	182		M30-39	19	00:30:17.68	+00:08:53 (29.3%)	6:03	9.9 (70.7%)
39	KRUPIŃSKI Krzysztof	89	E-UROLOG.EU	M50-59	3	00:30:17.71	+00:08:53 (29.3%)	6:03	9.9 (70.7%)
40	PIETRZYK Paulina	146		K-Open	3	00:30:26.01	+00:09:01 (29.7%)	6:05	9.9 (70.7%)
41	SZOSTAK Marta	188		K-Open	4	00:31:09.72	+00:09:45 (31.3%)	6:14	9.6 (68.6%)
42	FROST Filip	244	KAMIEŃ RYMAŃSKI	M16-29	7	00:31:11.76	+00:09:47 (31.4%)	6:14	9.6 (68.6%)
43	KRASIŃSKI Witold	84		M40-49	10	00:31:22.06	+00:09:57 (31.8%)	6:16	9.6 (68.6%)
44	WIŚNIEWSKA Magdalena	210		K-Open	5	00:31:33.70	+00:10:09 (32.2%)	6:18	9.5 (67.9%)
45	CHWALEBA Jan	23		M50-59	4	00:31:38.55	+00:10:14 (32.4%)	6:19	9.5 (67.9%)
46	ZAGALSKA Paulina	220		K-Open	6	00:31:45.74	+00:10:21 (32.6%)	6:21	9.4 (67.1%)
47	MAZUR Mirosław	118		M40-49	11	00:31:50.31	+00:10:26 (32.8%)	6:22	9.4 (67.1%)
48	KOZAK Grzegorz	80		M40-49	12	00:31:51.11	+00:10:26 (32.8%)	6:22	9.4 (67.1%)
49	OSOBNIAK Ryszard	132	KOSZALIN	M60-69	1	00:31:54.71	+00:10:30 (32.9%)	6:22	9.4 (67.1%)
50	JOCHYM Mariusz	59		M30-39	20	00:32:09.21	+00:10:44 (33.4%)	6:25	9.3 (66.4%)
51	PACAN Bartosz	134		M30-39	21	00:32:11.52	+00:10:47 (33.5%)	6:26	9.3 (66.4%)
52	PACAN Mira	133		K-Open	7	00:32:22.82	+00:10:58 (33.9%)	6:28	9.3 (66.4%)
53	DOLEŻAN Dominika	31		K-Open	8	00:32:27.45	+00:11:03 (34.1%)	6:29	9.2 (65.7%)
54	MIELEWCZYK Radek	245	KAMIEŃ RYMAŃSKI	M16-29	8	00:32:30.31	+00:11:06 (34.2%)	6:30	9.2 (65.7%)
55	POCZĄTEK Mikołaj	152		M30-39	22	00:32:30.35	+00:11:06 (34.2%)	6:30	9.2 (65.7%)
56	SARAPUK Piotr	170		M40-49	13	00:32:40.94	+00:11:16 (34.5%)	6:32	9.2 (65.7%)
57	ZIÓŁKOWSKA Gosia	225		K-Open	9	00:32:42.55	+00:11:18 (34.6%)	6:32	9.2 (65.7%)
58	KOSECKI Tomasz	77	ZAKWAS	M30-39	23	00:32:45.63	+00:11:21 (34.7%)	6:33	9.2 (65.7%)
59	WĄSOWSKI Robert	203	BIURO PODRÓŻY PARADISE TOUR	M16-29	9	00:32:52.29	+00:11:28 (34.9%)	6:34	9.1 (65.0%)
60	PAWŁOWSKA Urszula	139		K-Open	10	00:32:57.50	+00:11:33 (35.1%)	6:35	9.1 (65.0%)
61	KOZŁOWIECKI Waldemar	82	TKKF KOSZALIN	M60-69	2	00:33:04.13	+00:11:39 (35.3%)	6:36	9.1 (65.0%)
62	CZUCZAK Tomasz	29		M40-49	14	00:33:04.73	+00:11:40 (35.3%)	6:37	9.1 (65.0%)
63	KUCHARSKA Małgorzata	93		K-Open	11	00:33:06.19	+00:11:41 (35.3%)	6:37	9.1 (65.0%)
64	DOWNAR-ZAPOLSKI Paweł	32		M30-39	24	00:33:50.94	+00:12:26 (36.8%)	6:46	8.9 (63.6%)
65	SARAPUK Gabriela	171	TKKF KOSZALIN	K-Open	12	00:33:56.13	+00:12:31 (36.9%)	6:47	8.8 (62.9%)
66	KOSZ Paweł	78		M30-39	25	00:34:04.98	+00:12:40 (37.2%)	6:49	8.8 (62.9%)
67	RUTKOWSKI Artur	164	KOSZALIŃSKI RANKING BIEGACZY	M16-29	10	00:34:09.81	+00:12:45 (37.3%)	6:50	8.8 (62.9%)
68	MARKOWSKI Andrzej	202	TKKF KOSZALIN	M60-69	3	00:34:17.67	+00:12:53 (37.6%)	6:51	8.8 (62.9%)
69	ROMAN Sylwia	158		K-Open	13	00:34:21.23	+00:12:56 (37.7%)	6:52	8.7 (62.1%)
70	BOGACKI Tomasz	11	TKKF KOSZALIN	M60-69	4	00:34:54.39	+00:13:30 (38.7%)	6:59	8.6 (61.4%)
71	BILL Łukasz	9		M30-39	26	00:34:54.52	+00:13:30 (38.7%)	6:58	8.6 (61.4%)

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72	BOGACKA Lucyna	10	TKKF KOSZALIN	K-Open	14	00:34:54.63	+00:13:30 (38.7%)	6:59	8.6 (61.4%)
73	GOLEC Anna	42		K-Open	15	00:34:58.07	+00:13:33 (38.8%)	6:59	8.6 (61.4%)
74	BEDNARSKI Piotr	5	SPORTOWA PACZKA	M30-39	27	00:35:03.74	+00:13:39 (39.0%)	7:00	8.6 (61.4%)
75	WIERZBICKI Kacper	208		M30-39	28	00:35:03.82	+00:13:39 (39.0%)	7:00	8.6 (61.4%)
76	GORBACZ Urszula	43		K-Open	16	00:35:03.87	+00:13:39 (39.0%)	7:00	8.6 (61.4%)
77	CZECH Roman	27	GOCH BYTÓW	M70+	1	00:35:07.10	+00:13:42 (39.1%)	7:01	8.5 (60.7%)
78	PŁATOSZ Magda	150		K-Open	17	00:35:23.62	+00:13:59 (39.5%)	7:04	8.5 (60.7%)
79	MACKIEWICZ Angelika	236		K-Open	18	00:35:28.11	+00:14:03 (39.7%)	7:05	8.5 (60.7%)
80	BASIAK Krystian	3	JW1223 KOSZALIN	M30-39	29	00:35:31.01	+00:14:06 (39.7%)	7:06	8.4 (60.0%)
81	KAMIŃSKI Tomasz	61	JEDNOSTKA WOJSKOWA 1223	M40-49	15	00:35:43.64	+00:14:19 (40.1%)	7:08	8.4 (60.0%)
82	KRZEWIŃSKA Monika	242	TKKF KOSZALIN	K-Open	19	00:35:44.95	+00:14:20 (40.1%)	7:08	8.4 (60.0%)
83	KILJAN Sylwia	71	PEPSPORT	K-Open	20	00:35:52.87	+00:14:28 (40.3%)	7:10	8.4 (60.0%)
84	WIKTORSKI Paweł	209		M30-39	30	00:36:31.19	+00:15:06 (41.4%)	7:18	8.2 (58.6%)
85	PIASECKA Dagmara	239		K-Open	21	00:36:36.94	+00:15:12 (41.5%)	7:19	8.2 (58.6%)
86	KONKEL Joanna	76	MKS 'ŚWIĘC' SŁAWNO	K-Open	22	00:36:41.18	+00:15:16 (41.7%)	7:20	8.2 (58.6%)
87	WAJDA Waldemar	201		M40-49	16	00:36:51.52	+00:15:27 (41.9%)	7:22	8.1 (57.9%)
88	WOŹNIAK Iwona	215	RUNGRYF	K-Open	23	00:36:52.21	+00:15:27 (41.9%)	7:22	8.1 (57.9%)
89	SUCHODOLSKA Aleksandra	181	ZABIEGANE	K-Open	24	00:36:52.38	+00:15:28 (42.0%)	7:22	8.1 (57.9%)
90	GŁOWACKI Włodzimierz	41		M70+	2	00:37:11.35	+00:15:47 (42.4%)	7:26	8.1 (57.9%)
91	KARNICKI Zygmunt	63	TKKF KOSZALIN	M60-69	5	00:37:14.17	+00:15:49 (42.5%)	7:26	8.1 (57.9%)
92	BEDNAREK Krzysztof	4	BIURO UBEZPIECZENIOWO-FINANSOWE 'KRIS' KRZYSZTOF BEDNAREK	M40-49	17	00:37:16.89	+00:15:52 (42.6%)	7:27	8 (57.1%)
93	MINDA Jacek	124	WIECZORNE BIEGANIE W GOLENIOWIE	M30-39	31	00:37:18.17	+00:15:53 (42.6%)	7:27	8 (57.1%)
94	JANCZEWSKI Jacek	52	ROZBIEGANY KOSZALIN	M40-49	18	00:37:24.76	+00:16:00 (42.8%)	7:29	8 (57.1%)
95	MAZUREK Barbara	119	ROZBIEGANY KOSZALIN	K-Open	25	00:37:25.54	+00:16:01 (42.8%)	7:29	8 (57.1%)
96	MARKOWSKA Iwona	115	4FIT CROSS BIAŁOGARD	K-Open	26	00:37:35.38	+00:16:11 (43.1%)	7:31	8 (57.1%)
97	WÓJCIK Kamila	216		K-Open	27	00:37:37.01	+00:16:12 (43.1%)	7:31	8 (57.1%)
98	KWIATKOWSKA Joanna	97		K-Open	28	00:38:05.06	+00:16:40 (43.8%)	7:37	7.9 (56.4%)
99	MALINOWSKA-BURDA Aleksandra	113		K-Open	29	00:38:26.48	+00:17:02 (44.3%)	7:41	7.8 (55.7%)
100	ROMANOWICZ Monika	160	ZABIEGANE :)	K-Open	30	00:38:40.98	+00:17:16 (44.7%)	7:44	7.8 (55.7%)
101	ZAWADZKA Aleksandra	222		K-Open	31	00:38:53.26	+00:17:28 (45.0%)	7:46	7.7 (55.0%)
102	SAJEWICZ Renata	169		K-Open	32	00:39:03.06	+00:17:38 (45.2%)	7:48	7.7 (55.0%)
103	ZAWADZKI Sebastian	223		M40-49	19	00:39:03.32	+00:17:39 (45.2%)	7:48	7.7 (55.0%)
104	DEJNAK Dagmara	30		K-Open	33	00:39:11.13	+00:17:46 (45.4%)	7:50	7.7 (55.0%)
105	MARCZAK Małgorzata	114		K-Open	34	00:40:26.46	+00:19:02 (47.1%)	8:05	7.4 (52.9%)
106	ZAKOŚCIELNA Katarzyna	221		K-Open	35	00:40:28.38	+00:19:04 (47.1%)	8:05	7.4 (52.9%)
107	KUDŁACZ Renata	94		K-Open	36	00:40:46.10	+00:19:21 (47.5%)	8:09	7.4 (52.9%)
108	JANOWICZ Przemysław	56	MEDEN-INMED SPORTS TEAM	M16-29	11	00:40:46.34	+00:19:22 (47.5%)	8:09	7.4 (52.9%)
109	PEŁKA Iwona	140		K-Open	37	00:40:50.39	+00:19:26 (47.6%)	8:10	7.3 (52.1%)
110	WACHHOLZ Beata	199	KB BRYZA	K-Open	38	00:40:51.17	+00:19:26 (47.6%)	8:10	7.3 (52.1%)
111	MACIEJEWSKI Maciej	108	MEDEN-INMED SPORTS TEAM	M30-39	32	00:41:27.14	+00:20:02 (48.4%)	8:17	7.2 (51.4%)
112	RUSIECKI Paweł	163	WSPL SP ZOZ KOSZALIN	M40-49	20	00:42:03.10	+00:20:38 (49.1%)	8:24	7.1 (50.7%)
113	CICHOSZ Jerzy	24		M70+	3	00:42:53.70	+00:21:29 (50.1%)	8:34	7 (50.0%)
114	BUDZYŃSKA Elżbieta	17		K-Open	39	00:44:27.05	+00:23:02 (51.8%)	8:53	6.7 (47.9%)
115	HEDDERGOTT Katarzyna	46	JEDWABIŚCI	K-Open	40	00:45:03.12	+00:23:38 (52.5%)	9:00	6.7 (47.9%)

Place	Participant	Number	Club	Category	MCat	Net time 5km	Gap	Pace min/km	Pace km/h
116	RYHANYCZ Paweł	166	JEDWABIŚCI	M40-49	21	00:45:03.99	+00:23:39 (52.5%)	9:00	6.7 (47.9%)
117	MINDA Justyna	125	WIECZORNE BIEGANIE W GOLENIOWIE	K-Open	41	00:45:56.44	+00:24:32 (53.4%)	9:11	6.5 (46.4%)
118	SADOWSKA Karolina	168		K-Open	42	00:46:59.47	+00:25:35 (54.4%)	9:24	6.4 (45.7%)
119	KARNICKI Artur	62		M40-49	22	00:48:21.24	+00:26:56 (55.7%)	9:40	6.2 (44.3%)
120	BARTNIK Marian	2	TKKF KOSZALIN	M70+	4	01:11:10.00	+00:49:45 (69.9%)	14:14	4.2 (30.0%)
121	JANUSZEWSKI Jacek	57	17 WOG KOSZALIN	M50-59	5				(0.0%)

Total 121 results.